Player advance communication

This suggested communication is for your players beforehand. Its purpose is to arouse their curiosity, introduce them to the game and how it’s played and most importantly set the scene for actions and benefits afterward.

# Communication

**Heading:** Resilience game session XX XXXX at XXam/pm

Hi there,

I trust, like me, you are looking forward to our Resilience game session.

Resilience is such an important topic and so supporting everyone to build their resilience is a great thing for us to do.

The Resilience game is a fun discussion based activity. It helps us explore resilience and have some straightforward actions. During our game play we will:

1. Decide on Fact or Fiction cards
2. Explore resilience building ideas
3. Become resilience consultants to respond to challenges
4. Use our experience to support our colleagues.

I know that we will enjoy playing the Resilience game. Along the way it will remind us of things, help us stop and think about things and note some personal actions.

For me, it is as important that the game shows us how resilient we are already as it is to create actions to improve ourselves.

With all of that in mind, please come along having thought about times when you have shown resilience and what it will mean for you when you are even more resilient.

Regards

End